



Daily Word

A UNITY PUBLICATION
MARCH 1957

Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

•

PRAYER FOR ILLUMINATION (11 a.m.): I have faith in the inner light, and I obey its leading in all that I do.

•

PRAYER FOR PROSPERITY (12 noon): I have faith in the Spirit of God working in and through me to increase and to make manifest my prosperity.

•

PRAYER FOR HEALING (9 p.m.): I have faith in the constructive power of the Holy Spirit that is now restoring and rebuilding my body.

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DAILY WORD

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A Word Fitly Spoken

VAL REY

WE HAD just placed a FOR SALE sign in our front yard when a friend and neighbor said, "My, but you picked a bad time to put your house up for sale. Right around the block from you there are two houses that have been for sale for months. Houses here do not seem to be moving at all."

A girl in a gathering of young people mentioned having a small knot on her wrist. Another young person turned to look at the place and said with a knowing air, "That looks just like something a friend of mine had. She had to have it operated on and an infection set in. They almost had to amputate her arm."

A man who, some years ago, went to school with my husband came to dinner at our home one evening, and the first thing he said was, "Well, we are getting old. I guess we have passed our best years. My hair is thinning; the old eyes don't see so good, and I suppose, if I had to make a change in jobs, I'd find that there would be nothing for an old man."

Do remarks like these sound familiar? Do they remind you of things you have heard or said?

In the first instance, concerning the house—which was sold all in good time and to the satisfaction of everyone concerned—the thought planted by the negative remark did not make us happier or more relaxed about the whole transaction. In the second instance, the young woman found that very soon the small place on her wrist had vanished and the wrist was as good as new. But, if she had been another type of person, she might have allowed fearful thoughts to creep in. In the third instance, my husband made up his mind that his friend could feel "old" if he wanted to, but he himself would refuse to fall in with the old-age belief or develop a "rocking chair" complex.

Perhaps as you read these words you think of times when you were guilty of speaking the wrong words or of saying something that did not add to the good in a certain situation. Let us not waste time and energy by going back in thought or wishing that we could retract our words. Let us, rather, determine to start where we are and make the words of our mouths and the meditations of our hearts acceptable in God's sight.

Let us start our day with an idea, a word, a meditation that is positive, uplifting, and inspiring. If you are a housewife and mother, remember that the members of your household will pat-

tern their attitudes after your own. If you are in the business world, you will find that your co-workers, your employer, or your employees will react toward you in the manner in which you inspire them to act because of your attitude, your disposition, your words. If you are a teacher or a professional person, you know that those who look to you for guidance are especially receptive to your words, that your words are often their "law."

Keep your ears open to the words you speak. Listen to them. In fact, if for one day we had to listen to every word that we spoke, really listen, we would surely attempt to govern our thoughts before we voiced them.

I tried it; I listened to myself one day from the first words I spoke in the morning until the last words I spoke that night.

Even as I listened to myself I became more aware of the tone and the inflection of the words themselves. In order to speak in the way I wanted to speak, to express the ideas I wanted to express, I needed to be certain of the meditations of my heart. I found that to pray about the words of my mouth was the best way to establish myself in a right way of speech.

God, within us, knows the sincerity of our hearts, He knows our true desire, and His wisdom

will give us the words to convey our ideas to others in ways that will not disturb or distress, in ways that will not plant worry or doubt. When our words are constructive we find that their reaction on us is constructive. If, throughout the day we express only positive ideas through good words, the end of the day will find us feeling unsurpassably content. For, in order to speak helpful words we must first have constructive thoughts, and these have an inward influence on us as we voice them.

When I think of man and his word and the importance of his word, I think of Jesus. The words that He spoke led men to follow Him, to leave their way of life and to live a better, more fruitful life.

The words that He spoke brought a friend back to life. The words that He spoke fed the multitude. The words that He spoke gave a thief new hope. They must have been well chosen, helpful, love-filled words. We could never think of the man Jesus as complaining, bemoaning His fate, or gossiping.

Like Jesus, we can keep ourselves in tune with the Father. We can learn to be patient with ourselves; we can learn to watch and to listen. As we learn to center our thoughts in God, our words will be more loving, helpful, constructive. To

watch our words does not suggest that we must be tight-lipped and disapproving. Quite the opposite! We must be persons of understanding, persons who love and enjoy others, persons who perceive the real, true selves of others.

As you watch your words you will prove to yourself how much of God's goodness is in the world about you, in your fellow men—and how much of God's goodness is in you!

AN INVITATION FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, Unity, WUX, Kansas City, Missouri, by telephone BAaltimore 1-4720, Kansas City, Missouri, or by letter, Silent Unity, Lee's Summit, Missouri.

You Are Wonderful

MARY L. KUPFERLE

YOU ARE wonderful because you are a child of God. God created you in His own image and likeness, according to His idea of perfect man.

Turn from all memories of past mistakes or appearances of failure and take hold of a new picture of yourself. Remind yourself that you are a channel for God's ideas of light, life, and substance.

Praise and bless your mind for its alertness, its keen perception and spiritual judgment. Praise and bless your body temple for its quick response to ideas of healing.

You are a chosen vessel for the expression of the nature of God, your Father. You are a chosen vessel, right where you are, for the manifestation of the perfect spiritual nature that is your true heritage as a child of the living God.

You need never, even momentarily, be envious of another because of the talent, beauty, or perfection he expresses or manifests.

Begin right now to accept the truth of your indwelling spiritual nature. Accept it by affirming; "I am a channel for the free flow of spiritual

peace and poise." Then relax and let go. Let God work in and through you. Spirit never forces, but flows bountifully and freely when it finds a free and open channel through which to pour its multiple blessings.

You are a child of God. This is a basic spiritual truth, the truth of being as taught by Jesus. He declared, "I and the Father are one." He encouraged us to do the same in His words, "Follow me."

This is the day for you to begin following the truth that He taught. Begin by letting your thoughts rise in prayer and meditation.

Remind yourself again and again throughout the day, "I am a child of God. I am a channel for the free flow of His pure, abundant life. I am a channel for the free flow of God's love and blessings."

You will find yourself beginning to express and manifest more and more of the perfection of your true spiritual nature, more and more of the glory and radiance of God. Your thoughts will be charged with new confidence and inspiration, your words with new life, your body temple with new strength and beauty, your affairs with new success and accomplishment.

You are wonderful! This is the way God created you.



The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From New York APO:

Located in Greenland, within seven hundred miles of the North Pole, with total darkness commencing on November 22 and temperatures of 40° with winds reaching one hundred and twenty-five miles per hour, I feel sure that the study of DAILY WORD will give me the strength and courage not only to carry on for myself but also to help sustain the right spirit and attitude in my little

party of four who will stay for the winter.

From New Hampshire:

Last June I was faced with the ordeal of having one of my children operated on and was so afraid that I would break down and frighten her instead of being her strength. But I opened DAILY WORD to that date and it surely was a message from God telling me to be calm and relax and trust in God. What a burden was lifted from my soul! I took DAILY WORD and my Bible with me to the hospital and read and prayed during the operation and my prayers were answered. I had managed to instill faith in my little girl's heart and she was not afraid. Everyone remarked about what a good girl she was all the time.

From Louisiana:

It was through God and prayer only that I came through my operation of September 19, 1956. I went into surgery at 7:30 in the morning and was not returned to my room until 5 o'clock that evening, and my husband was nearly frantic. But the part I want you to know is this. Do you recall the lesson in DAILY WORD for September 19? Its affirmation was "Jesus Christ heals." A message written especially for me! I reread it several times and a peace and calmness came over me, so that

when I reached the operating room all fear had vanished.

After the operation when I was placed in the recovery room I started to hemorrhage. I heard one nurse say to the other, "She is bleeding to death." I was startled, but I started repeating to myself over and over, "Jesus Christ heals." Then I looked at the nurse and managed to say, "No, I am not. My friends are praying for me and with me." (After my recovery they asked me if I remembered saying that.)

By the time my surgeon had returned the bleeding had stopped as though by magic. God bless all of you for helping me through this experience.

From New York:

Since I have been reading DAILY WORD it has helped me in some way every day. I feel like a new person, and I am facing life with a different outlook. I belong to the A. A. I find with DAILY WORD and the A. A. my problems aren't so big. I thought I drank because I was lonesome. I found out in DAILY WORD that I am never alone because God is with me all the time. This phrase solved one problem I thought I had. So I kept on praying to God to help me stop drinking and I was shown the way into the A. A. I thank God that He answered my prayers before it was too late.

Friday

MARCH 1

I DO NOT REGRET THE PAST: I DO NOT WORRY ABOUT TOMORROW. I LIVE CONFIDENTLY AND JOYOUSLY IN THE PRESENT.

I LIVE in the eternal now. I live every moment of my life as though it were the only moment. I enjoy every breath I breathe. I do not let myself fall into the fallacy of thinking that in some far-off day I will find happiness. I remind myself that happiness is a state of mind. No matter what my outer circumstances may be, if I keep my mind on the presence of God and look for the beautiful and good in everything, I will have happiness right now.

I do not have to wait for circumstances to improve before I can be happy. Right now I can become inwardly happy in the presence of God. And when I find inward happiness, my circumstances will improve and show forth my inner joy.

Heaven is here right now, and I claim it. I live confidently and joyously in the presence of God.

♣ *Say not ye, There are yet four months and then cometh the harvest? behold, I say unto you, Lift up your eyes, and look on the fields, that they are white already unto harvest.—JOHN 4:35.*

MARCH 2

Saturday

THE WORLD I FACE TODAY IS FILLED WITH
JOY.

IT IS possible to brighten any darkened room in my home by letting in the light of the sun. Just so is it possible to brighten my life by letting in the light of joy.

The world I face today is filled with joy because my heart feels peace and love and happiness. These feelings brighten every corner of my life with new inspiration.

The world I face today is filled with joy because I refuse to be anxious or frustrated by any seeming problem. I let the light into the dark corners of my mind by filling it with courageous, faith-filled, cheerful thoughts.

The world I face today is filled with joy because I remember that each cell, organ, and nerve of my body temple is filled with radiant health, vitality, strength.

The world I face today is filled with joy because I meet the affairs of life with the assurance that the intelligence, power, and energy of Spirit are active in me.

♣ *The joy of the Lord is your strength.*—NEH. 8:10 (A.V.).

Sunday

MARCH 3

CREATE IN ME A LOVING HEART, O GOD, AND
RENEW A COMPASSIONATE AND FORGIVING
SPIRIT WITHIN ME.

THE HAPPINESS I experience in life is determined mainly by the extent to which I widen my heart to include my fellow men. I may attend church every Sunday and observe all its obligations; I may read my spiritual lessons every day, but going through these outer motions will avail me little if my heart is not filled with a loving, forgiving, and compassionate spirit.

I remind myself that if I shut any person out of my heart—to that extent do I shut myself off from God. It is in love, ever-widening love, that the fullness of Christ is experienced.

Through God's help I will have done with grudges and resentments and unforgiving thoughts. I will develop the habit of looking past apparent personality to the beautiful, unchanging Christ in all. I will act toward others as I should like them to act toward me.

♣ *A new commandment I give unto you, that ye love one another; even as I have loved you . . . By this shall all men know that ye are my disciples, if ye have love one to another.—JOHN 13: 34, 35.*

MARCH 4

Monday

THE POWERFUL SPIRIT OF GOD IS MOVING THROUGH MEN'S MINDS AND AFFAIRS TO BRING FORTH LIBERTY, JUSTICE, RIGHTEOUSNESS, AND PEACE.

IN EVERY country on this earth there are minds in tune with God. And where there is even one person who is aware of the Spirit of God in the midst of him, there is a channel through which God works to bless the world.

Let us have faith in the powerful Spirit of God that is moving through men's minds and affairs. And let us be willing to be channels through which God can act. Let us open our minds to God's Spirit; let us express in our thoughts and words the highest Truth that we know. Let us align ourselves on the side of good, on the side of God. Let us pray for peace in the world and let us contribute to the peace of the world by the way in which we live our individual lives. Let us pray for liberty, justice, righteousness, and peace for all the nations of the earth, and let us ourselves be willing to extend liberty, justice, righteousness, and peace to everyone.

♣ *The Lord our God, the Almighty, reigneth.*—REV. 19:6.

Tuesday

MARCH 5

I GIVE MYSELF TO LIFE.

HOW CAN we get more out of life? The answer is clearly defined in Jesus' words, "Give, and it shall be given unto you."

A common tendency is to keep the attention so fixed on that which we want life to give us that we neglect to comply with our half of the law—which is to give. We feel denied and thwarted without understanding where to begin to change our circumstances. But, if we have formed the habit of working with God's law of fulfillment by giving of ourselves, of our attention, our thought, our energy, our kindness, our co-operation, our patience, our understanding, then we have learned that there is always a starting point for changing our circumstances. This starting point is our own giving, the giving of ourselves to life.

The instant one begins to give, even when the act is still an impulse in the heart, life takes on promise and joy it did not have before. And as we give of ourselves to life, God unfailingly responds by giving of Himself to us.

♣ *Give, and it shall be given unto you.*—LUKE 6:38.

MARCH 6

Wednesday

DURING LENT I WILL SWEEP OUT ALL NEGATIVE THOUGHTS AND OPEN MY MIND, HEART, AND LIFE TO GOD.

I RESOLVE to let go all negative thoughts and emotions in order to make room in my life for the goodness of God.

I know that even now God is making available to me more good things than I have ever asked for myself. But I know, too, that I must make myself ready to receive them. I will make Lent a time to sweep from my mind all that is negative. I will let go of thoughts of lack or conflict or ill-health. I will refuse to recognize any power in my life except the God power, the good power. I will know that good is filling my life, and that where there is good there is no room for any negative condition.

During Lent I will clear my mind of hate, dissatisfaction, unhappiness, and every negative emotion, and replace them with love, contentment, happiness, understanding, and faith.

During Lent I will make way for God to work in and through me.

♣ *God is light, and in Him is no darkness at all.*—I JOHN 1:5.

Thursday

MARCH 7

I AM ONE WITH THE SOURCE OF MY SUPPLY.
I CANNOT LACK ANY GOOD THING.

OUR supply comes from God just as surely as our life and health come from God. To be prosperous is as right and natural for us as to be healthy.

If we feel a lack in our lives and affairs, let us affirm that we are one with the source of our good, that we cannot lack any good thing. No matter what our particular needs are, they can be met abundantly as we look constantly and faithfully to the one source, God. Let us know that our supply comes through us, through the ideas that come to us, through the energy we give expression to, through the confident spirit we express.

As we stay close to the source of our good in thought and prayer, the outer needs will be taken care of. Supply will come to us from unexpected avenues; opportunities will open where there seemed to be closed doors. If we work with God and rely on Him, we will be shown how to use wisely and well the supply that comes to us.

✦ *I will . . . open you the windows of heaven, and pour you out a blessing.*—MAL. 3:10.

MARCH 8

Friday

I AM CONSCIOUS OF GOD'S LAW OF HARMONY
AND ORDER AT WORK IN MY LIFE AND
AFFAIRS.

IF WE are upset or disturbed about conditions in our lives and affairs, now is the time to turn quietly within and unify our minds and hearts with God. When we recognize God's presence in all things and know that there is a divine law at work in our lives, we are able to establish right attitudes toward everything.

Our attitudes help to determine how quickly order and harmony can be brought forth. Through prayer we can change any attitude in ourselves that needs changing. Through prayer we can come to see every person and every situation in a right light, in the light of the Christ love and understanding. Through prayer we can tune in to the divine wisdom that inspires us to think, act, and work in a constructive way.

Our faith in God enables us to establish the right attitude toward all things. Our faith in God keeps us ever conscious of His loving power at work in our lives and affairs.

♣ *Let all things be done decently and in order.*—I COR. 14:40.

Saturday

MARCH 9

I LIVE IN PEACE AND HARMONY WITH THOSE
AROUND ME.

WE ALL want to enjoy friendly relations with our neighbors and co-workers, and those we meet from day to day. Perhaps our affairs are not at the present time measuring up to our ideal, but this need not discourage us or cause us to feel that it is impossible for us to live in peace and harmony with those around us.

When we make up our minds to be peacemakers, our turbulent thoughts are stilled. We no longer give way to selfishness, anger, or the desire to have our own way. When we affirm peace in our minds, peace in our hearts, and peace in our lives, we are inspired to say and do the things that create peace. We are quickened with a new spirit of love. We are fortified with the strength, the faith, and the courage we need to change our way of living.

As we practice being peacemakers, as we are loving, kindhearted, generous, and forgiving toward all persons, our lives will be filled with harmony and peace.

♣ *These things have I spoken unto you, that in me ye may have peace.*—JOHN 16:33.

MARCH 10

Sunday

ALL IS SAFE IN GOD'S LOVING CARE.

IF YOU are troubled about someone or something, begin this day by putting the situation in God's hands. Say, "I place this situation in God's loving care." As you do this you will be free from worry and care. You will have a feeling of peace and release. You will be safe in God's loving care.

Place your dear ones in God's loving care. Wherever they are, God is, and "underneath are the everlasting arms." In Him your dear ones are safe and secure.

Place yourself in God's loving care. Let go of all anxious thoughts about the future, about money, about business, about health. Place everything in His care. Do this with confidence and faith. Do it with your whole heart and mind.

Before you get up in the morning, place everything in God's loving care and leave it there. Your day will be happy and you will find greater strength and power within you. Before you go to sleep at night, place all in His care, and your sleep will be peaceful and refreshing.

♣ *Cast thy burden upon Jehovah, and he will sustain thee.—PSALMS 55:22.*

Monday

MARCH 11

I SEEK THE GOOD IN EVERY EXPERIENCE, AND
GOOD COMES FORTH TO BLESS ME.

I DO not accept as true or permanent any experience that seems less than good, but neither do I fight the experience.

I know that God is everywhere evenly present and must be in every experience as some form of good that I need, even though I fail to recognize the good. So I do not let myself become disturbed by appearances but steadfastly seek to draw closer to the heart of God, where my good lies.

Every experience in life holds within it a lesson to be learned, a problem to be solved, or a challenge to be met. By seeking God (good) through every experience, I learn the lessons that add to my growth, that increase my understanding, that carry me on toward my goal of spiritual perfection.

No matter what situation confronts me, I seek through it to come closer to God, to unfold more love, more wisdom, more peace, more of all the good that God is offering me. I seek the good in every experience, and good comes forth to bless my life.

✦ *Seek, and ye shall find.*—MATT. 7:7.

MARCH 12

Tuesday

I ACCEPT CHANGES IN MY LIFE WILLINGLY
AND EASILY.

I DO not resist or get upset by changes in my life. Instead I accept them willingly and easily in the realization that each new experience holds much good in it. Without change, no growth can take place. Therefore, I will look on change as an opportunity for growth, as an invitation to call forth qualities and abilities I have never used before.

By meeting each change in my life positively, I become a more capable and understanding person; I make new friends; I deepen my understanding and appreciation of life; I expand my interests and enrich my living.

I look forward expectantly to each change in my life and circumstances. I know that God's love goes before me to prepare the way, and that through His Spirit within me I can meet all things successfully and joyfully.

I accept changes in my life willingly and easily, in the assurance that God is always with me.

♣ *And Jehovah, he it is that doth go before thee . . . he will not fail thee, neither forsake thee; fear not, neither be dismayed.*—DEUT. 31:8.



Root Go Deep

ELIZABETH LANDEWEER

Clouds float and birds fly—
I have a hunger for the sky,
I want its wideness in my soul.
I need to feel my heart unroll
Out of its tightened skein, until
Its wings touch heaven's topmost sill
In spirals that a hawk might etch.
I need to take a mighty stretch—
I need to let my smallness out,
And hear creation's thunder shout



Across the trackless miles of blue.

O for a broad and broader view!

And God is good—He shares with me
His window on infinity,

The light that brightens east to west;
All of His loveliest and best.

The new moon misty as a bride—
A star resplendent at her side;

The trumpets of the dawn arrayed;

The sunset with its flame and jade,

The whole vast drama of the sky.

Yet with my gaze still set on high,

My soul's deep root obeys His will,

While God's voice whispers, "Deeper still!"

Wednesday

MARCH 13

GOD'S HEALING POWER FLOWS IN AND THROUGH ME, AND I AM MADE WHOLE.

GOD's strength permeates every part of my body; His Spirit quickens my mind and brings me into a realization of wholeness and perfection.

I relax and let go. I let God take over my mind, body, and affairs. I rejoice in the great power for good that fills my whole being, that makes me complete. I see myself as whole, restored, revitalized, and filled with the rebuilding power of God.

I see myself as perfect. I recognize that I am made in God's image, that I am well, strong, happy, healthy, joyous, free.

I am God's child. I make myself open and receptive to His great love, and I feel His healing touch. I accept my heritage of radiant, joyous life and health. I am in tune with all the healing power in the universe. I know that even as I call on God, He answers me.

God's healing power flows in and through me, and I am made whole.

✦ *He sendeth his word, and healeth them.*—PSALMS 107:20.

MARCH 14

Thursday

FATHER-GOD, AWAKEN ME TO THE TRUTH
THAT SETS ME FREE.

FATHER-GOD, I would be awakened to the Truth that sets me free. Teach me how to open my mind and heart to the realization that I am Your child, created in Your image, and endowed by You with the powers and the abilities that make me the master of my life. I know that through Your Spirit within me, nothing is impossible. Show me how to let Your Spirit of love, power, and wisdom find complete and perfect expression in my life. Show me how to stir up the gift of Your Spirit within me. Awaken me to my oneness, through Christ, with You.

Father, I rejoice in the unity I feel with Your Spirit. I give thanks for the glimpses of Truth that quicken my mind and strengthen my heart, but I would be awakened even more. I want to learn more of my real identity. My mind and heart are eagerly searching for Your purpose in creating me. Teach me Your will.

Father-God, awaken me to the Truth that sets me free.

✦ *And ye shall know the truth, and the truth shall make you free.—JOHN 8:32.*

Friday

MARCH 15

CHRIST INSPIRES, DIRECTS, AND UPHOLDS ME.

DO YOU sometimes become discouraged over your efforts to accomplish some task? Does it seem that you encounter obstacles on every hand?

This happens to many of us, and it is at such times that we need to realize that Christ within us is all power and all might, mightier than any adverse situation that may confront us. When we recognize the Christ power within us, we become greater than any negative condition.

If there is some trying condition in your life, detach yourself from it, turn about, and face toward Christ. Realize that His Spirit in you knows no defeat, no finality, no extremity. His help is there whenever you call. He will assist you in whatever you do. The moment you face toward Christ and ask for His guidance, at that moment will the negative condition lose its power over you, and your good will start on its way to you. You need only turn toward the light, step forward, and receive the good that awaits you.

♣ *Be strong and of good courage; be not affrighted, neither be thou dismayed: for Jehovah thy God is with thee whithersoever thou goest.—JOSH. 1:9.*

MARCH 16

Saturday

I DO NOT JUDGE BY APPEARANCES. I KNOW
AND SEE ONLY TRUTH.

“JUDGE NOT according to appearance, but judge righteous judgment,” said Jesus.

I will let this be my guide today and every day. If there is an appearance of injustice, I will not be misled by the appearance but will turn my thought to the Truth about it. I will see all persons as God has made them, and I will look for the blessing in every circumstance.

If there is an appearance of lack, I will remember that I must not judge by the way things appear in the outer. I will know that God's supply is unfailing, constant, and plentiful, and that it is at hand for me. I will hold to this knowledge no matter what the appearance.

If the appearance is sickness, I will be faithful and not judge by appearances. I will know that God's life, substance, and intelligence are now present, working mightily in every cell. As I pray with faith, health will be manifest.

I do not judge by appearances. I know and see only Truth.

♣ *Judge not according to appearance, but judge righteous judgment.—JOHN 7:24.*

Sunday

MARCH 17

THE CHRIST LOVE INDWELLS ME. THE CHRIST LOVE HAS BEEN GIVEN ME TO EXPRESS AND RADIATE.

ALL OF us desire to eliminate misunderstanding and friction in our everyday living. To harmonize and transform our human relations we do not need to acquire intellectual superiority. Only one thing is needful—that we express love.

Let us rejoice in the realization that the Christ love indwells us, that the Christ love has been given to us to express and radiate.

The Christ love enables us to show regard for another person's thoughts and feelings. The Christ love enables us to appreciate another person's point of view. The Christ love enables us to say and do the right things in dealing with others. The Christ love enables us to inspire in others a friendly response and genuine co-operation.

Today let us give expression to the loving Spirit of Christ within us. Let us express love toward everyone.

♣ *Love worketh no ill to his neighbor; Love therefore is the fulfillment of the law.*—ROM. 13:10.

MARCH 18

Monday

I COME TO YOU, O LORD, IN SILENT PRAYER,
AND I AM RENEWED IN MIND AND BODY.

I RELEASE all concern over persons, things, or situations and abide in the harmonizing, adjusting presence of my indwelling Lord. As I trust all things to Him I am blessed with a relaxed and restful feeling. I feel renewed in vitality. I am strengthened with power to overcome every situation. I realize that no matter what experiences in life are mine, I can meet them in a spirit of victory, for the Lord of perfection is ever with me, guiding me, blessing me, and inspiring me.

I come to You, O Lord, in silent prayer. Here are my hands. Bless them that they may better serve You. Here are my eyes. Bless them that they may see as You see. Here are my lips. Bless them that they may speak only words of love and wisdom. Here are my thoughts and the desires of my heart. Give me the inspiration and the conviction to express only the thoughts and desires that will bring happiness to me and my fellow man.

♣ *Come unto me, all ye that labor and are heavy laden, and I will give you rest.—MATT. 11:28.*

Tuesday

MARCH 19

I GIVE THANKS FOR MY DAILY WORK, AND
FOR THE WISDOM AND STRENGTH TO DO IT
WELL.

AS I approach my work today I remind myself that the Father within me does the work. This realization lifts me to a new and positive frame of mind. I realize that I am a channel for the operation of divine ideas.

When I dedicate my work to the honor of man and to the glory of God, I perform my duties with a happy heart. I am free from stress or strain. I quietly affirm that, "I can do all things in him that strengtheneth me."

During the day I set aside some quiet unhurried moments to commune with my Father. In Him I find boundless strength and inspiration, a fresh impetus for every undertaking. I know that His power is instantly available to me, that His ideas are mine to use. Throughout the day I put forth my best efforts, and God works with me to make my efforts successful.

I rejoice in the work that is mine to do and in the health and intelligence to do it effectively!

✦ *I speak not from myself: but the Father abiding in me doeth his works.—JOHN 14:10.*

MARCH 20

Wednesday

FATHER, I TURN TO YOU FOR PEACE AND COMFORT.

FATHER, I know that You are with me. In quietness and in prayer I feel Your loving presence.

In darkness and in light Your love infolds me; Your strength flows through me; Your life heals me; Your order governs all my affairs.

I trust You, Father, to help me in every human need. I know that Your peace is in my heart, ready to give me relaxation and rest when I become still and let You take charge of my feelings and emotions.

I abide this day and every day quietly and trustingly in Your presence. You are with me to guide me into right decisions; you are with me to show me the way to a happy, constructive, productive life.

Thank You, Father, for lifting me out of darkness into light. Thank You for Your promises of eternal life, of peace beyond understanding. Thank you for leading me beside the still waters, where my soul is restored.

♣ *As one whom his mother comforteth, so will I comfort you.—ISA. 66:13.*

Thursday

MARCH 21

THIS IS GOD'S DAY. IT IS FILLED WITH JOY
AND NEW OPPORTUNITIES.

I AM not anxious or fearful concerning today. I begin this day with enthusiasm and interest.

I know that God created me for a purpose, that He has set before me creative goals. I am filled with new ideas and new joy. I am quickened with the intelligence to use my God-given ideas, to bring them into expression.

This day is God's day; this hour is God's hour; this minute is God's minute. Faithfully I turn to God for guidance. As His guidance comes to me, I am sustained and strengthened to follow through.

I will not rush, worry, or fret, neither will there be any laziness or inertia in me. I stand ready to carry out the divine purpose of my life. I joyously accept the new opportunities that come to me this day.

This is God's day. It is filled with new opportunities.

*This is the day which Jehovah hath made;
We will rejoice and be glad in it.*

—PSALMS 118:24.

MARCH 22

Friday

I AM RELEASED FROM FEAR. I AM FREE WITH
THE FREEDOM OF CHRIST.

NO HABIT can bind me. No fear can possess me. No emotion can overpower me. I affirm this, I know it to be true; for I know that greater is He that is in me than he that is in the world.

If, of myself, I seem powerless to break some habit or if, of myself, I seem under the dominion of unhappy feelings and emotions, I can find release by knowing that in my divine self I am more than I have ever yet expressed. In my divine self I am strong and free. In my divine self I am in command and control of my thoughts, my feelings, my actions, my life.

I remind myself that greater is He that is in me than he that is in the world. Greater is my true self, my Christ self, than any of my fears or failures. I release the divine self through prayer, through becoming very still and identifying myself with the indwelling Lord of my being. I release the wonderful self of me, and I release power and energy into my being and into my life.

♣ *Greater is he that is in you than he that is in the world.*—I JOHN 4:4.

Saturday

MARCH 23

I REST IN GOD, AND I AM ESTABLISHED IN PEACE.

TODAY I let God take over my life and affairs, and I rest in the knowledge that all things are working together for my highest good. I make myself open and receptive to God's peace, which now flows through my mind and body.

In God I find my perfect rest. In God I am established in eternal peace. I know that no situation or difficulty is beyond my strength to meet, because God is with me.

I look about me and I see God in my friends, my family, and my co-workers. I recognize them as children of God and see them as filled with God's peace.

I let God take over my life. I relax my tense hold on persons, things, and thoughts. I know that in God there is only good. In God there is only peace.

I put God in charge of all my affairs, and I rest in the sure knowledge that only good is coming to me. I am established in God. I am established in peace.

♣ *He restoreth my soul.*—PSALMS 23:3.

MARCH 24

Sunday

TODAY I BEHOLD THE CHRIST IN ALL PERSONS. I SEE HIS LOVE EXPRESSING ITSELF IN THE LIVES AND AFFAIRS OF OTHERS.

WHEN inharmonious situations or problems confront me in my work or in my home, I broaden my understanding and love by silently saying to every person involved, "I behold the Christ in you."

I may not always understand the actions of another, nor may my own actions always be in accord with that which I know is highest and best, yet I hold to the Truth that in God's world of love and peace there is no room for inharmony. I affirm that I live in God's world, that I am surrounded by God's children. When I remember that the presence of God is in me and in all other persons I gain new understanding, and I see new ways of promoting peace and harmony in every situation.

Today I will look beyond appearances and see the Christ in all. I will see the Christ expressing Himself through all persons. I will keep faith in His living, loving presence.

♣ *Thou art the Christ, the Son of the living God.*
—MATT. 16:16.

Monday

MARCH 25

TODAY I WILL THINK ONLY THOSE THOUGHTS THAT I DESIRE TO SEE OUTPICTURED IN MY LIFE.

MY LIFE is determined by the thoughts I dwell on. If I think only thoughts that are healthy, strong, trusting, and loving, then my life will be overflowing with the health, strength, and calmness that come with trust and love. Nothing of a negative nature can come to me if I do not let my mind dwell on that which is negative. No harm of any kind can befall me as I keep my mind filled with the realization that God's all-infolding love is protecting me now.

I experience what I constantly think about and talk about, so I now resolve that, with God's help, I will think only those thoughts and speak only those words that I desire to see outpictured in my life—loving thought, trusting thoughts, and thoughts that are shining with optimism.

♣ *Whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report . . . think on these things.*—PHIL. 4:8.

MARCH 26

Tuesday

I HAVE ABSOLUTE FAITH IN THE DIVINE LAW
OF JUSTICE AT WORK IN MY LIFE AND AF-
FAIRS.

WE ARE free from fear and anxiety about the outcome of any affair when we have absolute faith in the divine law of justice at work in our lives and affairs.

We build up this faith through affirming that we are one with God, that He is the only presence and the only power in our lives. When we think of ourselves as beloved of God, when we think of our lives as secure in Him, we are free from envy or discontent. We are free from any tendency to be suspicious of others. We trust in God, and we have the certain faith that our good cannot be taken from us, that our good cannot be kept from us. We rejoice in all the good and all the blessings that come to other persons, but we know that we, too, have our own share of good and blessings. We know that God does not bless us at the expense of another; neither does He bless another at our expense. Our own good is being poured out on us continually.

✦ *He . . . sendeth rain on the just and the unjust.*
—MATT. 5:45.

Wednesday

MARCH 27

I PRAISE AND BLESS THE PERFECTION OF
RADIANT HEALTH NOW MANIFEST IN MY
BODY.

I PRAISE AND give thanks for my body, created perfect in the beginning. Each cell knows with an inner intelligence its own job. Each organ has a definite function of its own. And all is wonderfully controlled through the brain and gloriously connected with its source, with God, through the spirit.

Through prayer, through daily communion with God, I keep open the channel through which life flows into my body. This life ever strengthens me; it transforms imperfection into perfection; it glorifies and beautifies.

Daily I praise my body for its manifestation of perfection. I praise blood cells, tissue cells, bone cells, and by praise call forth from them smooth, effortless performance of each task.

Daily I acknowledge my oneness with the source of life. I feel in my soul, in my mind, in my body the rhythm of God's harmonizing, healing, renewing, and ever-strengthening life.

✦ *And I will put my Spirit in you, and ye shall live.*
—EZEK. 37:14.

MARCH 28

Thursday

GOD'S PRESENCE IS WITH ME, GUIDING ME
INTO PATHS OF PEACE, HEALTH, HAPPINESS,
AND PROSPERITY.

I DO not fear the demands of my world, for God's presence is ever with me. His Spirit guides me into fullness of life and opens before me paths of peace, health, happiness, and prosperity.

No outer thing has power to cast me down, for the indwelling Spirit in me lifts me up. As I accept His wise direction I achieve success easily and naturally.

I know that no human problem is beyond the power of Spirit to solve. I rest in the consciousness of God's presence and power, and I realize that persons, things, and situations have no power to disturb me.

I am open and receptive to God's loving presence and power. I follow His guidance in all the matters in my life. Thus I open the door to a constant inflow of His blessing.

♣ *But if any of you lacketh wisdom, let him ask of God, who giveth to all liberally and upbraideth not; and it shall be given him. But let him ask in faith, nothing doubting.*—JAS. 1:5, 6.

Friday

MARCH 29

WHATEVER MY NEED TODAY, I TURN TO
GOD FIRST FOR HELP.

TO SEEK God's help in the crises of life is sometimes easier than to seek His help in the little irritations. But I would go to Him whatever my need might be, however large or small. I would see my need as an opportunity to prove not only God's abundance, strength, and wisdom but my own ability to look beyond the outer appearance to the inner source of help. God can always help; sometimes we are not ready to receive His help because we look toward the problem rather than center our faith in Him.

Dear God, You already know my needs. In fact, these needs are already met in Spirit. Now, steadfast in faith and eager to rid my consciousness of any negation that may block the channel, I look to you only. As I reach toward You, help me to know only Truth, only the reality of Your abiding presence, Your never-failing good.

I give thanks that my needs are now met, both in Spirit and in outer manifestation.

*God is my strong fortress;
And he guideth the perfect in his way.*
—II SAM. 22:23.

MARCH 30

Saturday

THERE IS A PLACE FOR ME IN THIS WORLD.

THERE IS a perfect place for me in this world. I believe this. There is a perfect job, a perfect home, a perfect environment. All these things that I need, and more, have already been anticipated and provided by the Father, whose sole concern is the continual welfare of His children. But I let Him guide me to my rightful place at the right time and in the right manner. I am not impatient for my good to appear. I patiently trust Him to open the way where my talents can be most perfectly appreciated and expressed, and I do the very best I can right where I am. I refuse to become discouraged; for, as with love and patience I keep doing the best I can, the way will open before me. Even this moment as I read this lesson, the Spirit of God carries me swiftly and surely to my heart's desire, and nothing can stand in the way. Regardless of years or circumstances, there is a place for me to serve, and with His help I will find it.

✦ *Pray to thy Father who is in secret, and thy Father who seeth in secret shall recompense thee . . . for your Father knoweth what things ye have need of.*
—MATT. 6:6, 8.

Sunday

MARCH 31

"I WILL FEAR NO EVIL: FOR THOU ART WITH
ME:
THY ROD AND THY STAFF, THEY COMFORT
ME."

I MOVE through my life with fearlessness and confidence; for I know that wherever I am, God is. I know that always God is nearer to me than my cry for help, that always His Spirit infolds me, upholds, protects, and directs me.

I will fear no evil for myself; I will fear no evil for my dear ones. I will not use my imagination destructively by picturing possible dangers or by thinking about the negative things that the newspaper, radio, or television may report. I will use my imagination constructively. I will keep my thoughts filled with faith and confidence by keeping my thoughts centered in the good. I will think about God's presence and power at work in my life and in the world, and I will feel at peace and free from fear or tension. Wherever I go, whatever I do, I will fear no evil, for God is with me and God is good. His will for me is good.

*I will fear no evil; for thou art with me;
Thy rod and thy staff, they comfort me.*

—PSALMS 23:4.

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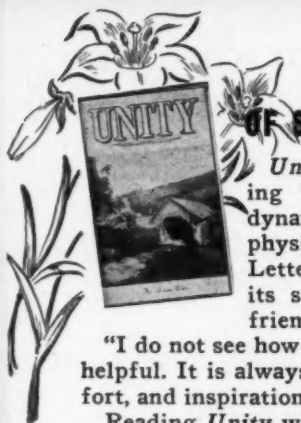
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Faith's Flower

JAMES DILLET FREEMAN

A crocus is faith's flower. Though small
And frail, it has no fear at all
And presses upward, sending out
Its blooms like banners, like a shout
Of faith in goodness, like a great
Hurrah for life. It does not wait
For summer's warmth to venture forth.
While yet the wind is from the north,
A crocus dares assert the spring!
And does not shrink back questioning
The almanac and weather chart;
Spring, it knows, is courage of heart,
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As if it were spring makes spring a fact.

